

Challenging Cognitive Distortions:

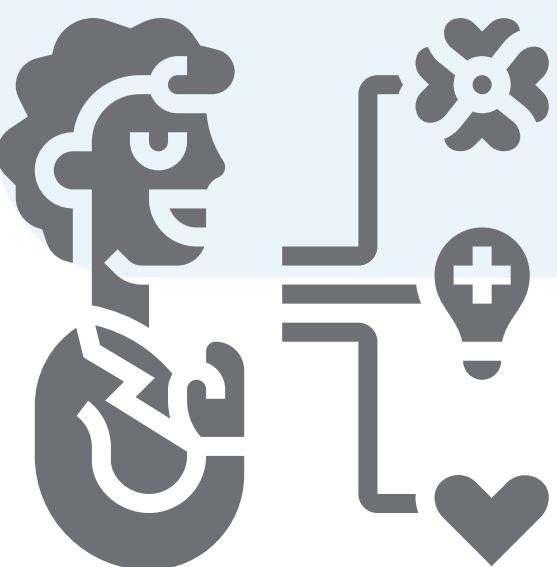
How To *Correct Unhealthy Thinking Patterns*

Describe

Identify

Label

Challenge



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